

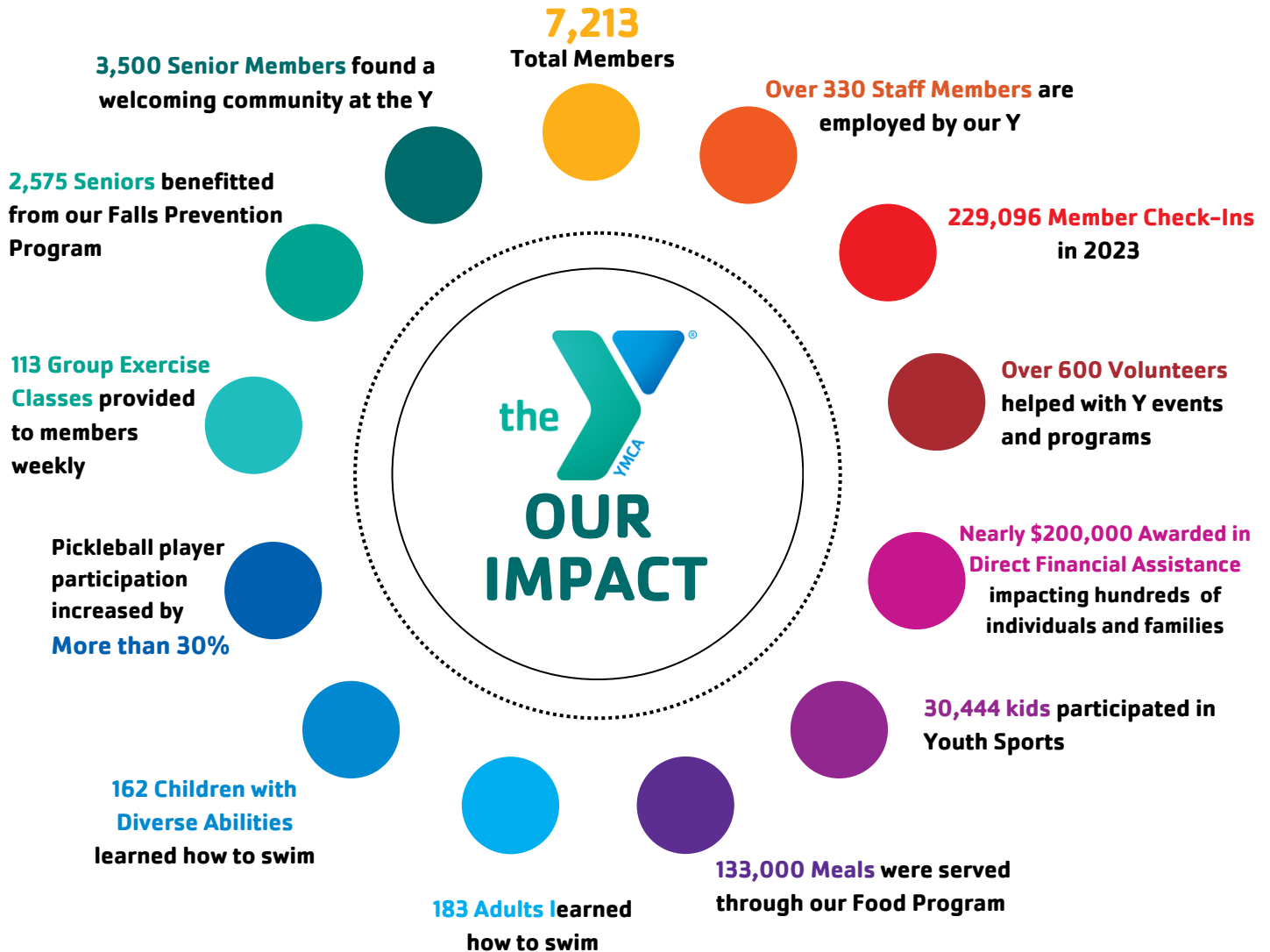
# FIND YOUR Y

YMCA OF SUPERIOR CALIFORNIA

2023 Annual Report

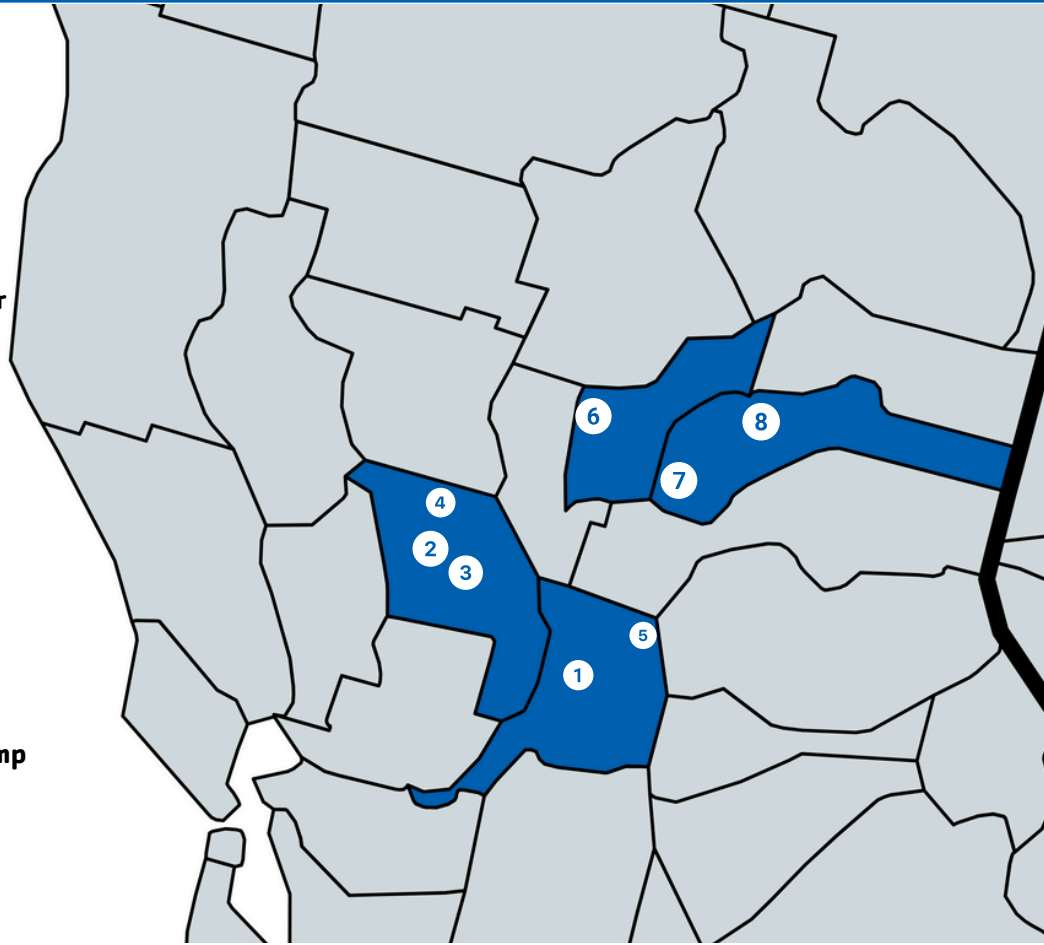


# OUR IMPACT IN 2023



# OUR REACH

- 1 **Sacramento Central YMCA & Early Learning Program**  
Sacramento, CA
- 2 **Yolo County YMCA**  
Woodland, CA
- 3 **Woodland YMCA Fitness Center**  
Woodland, CA
- 4 **Nelson's Grove**  
Woodland, CA
- 5 **Rollingwood YMCA**  
Fair Oaks, CA
- 6 **Oroville YMCA**  
Oroville, CA
- 7 **Gold Country YMCA**  
Grass Valley, CA
- 8 **Bear Valley YMCA Resident Camp**  
Emigrant Gap, CA



The YMCA of Superior California stands as a pillar of community wellness and support across the region. Our commitment to community impact is evident in our outreach efforts, touching lives in neighborhoods throughout the areas we serve. From providing safe spaces for children, to fostering community among diverse populations, the YMCA serves as a catalyst for positive change, promoting inclusivity and empowerment. Whether through fitness, youth programming, or community engagement, the YMCA of Superior California leaves an indelible mark on the areas we serve, enriching lives and building stronger, healthier communities for all.

# FINANCIAL OUTCOMES 2023

## YMCA OF SUPERIOR CALIFORNIA

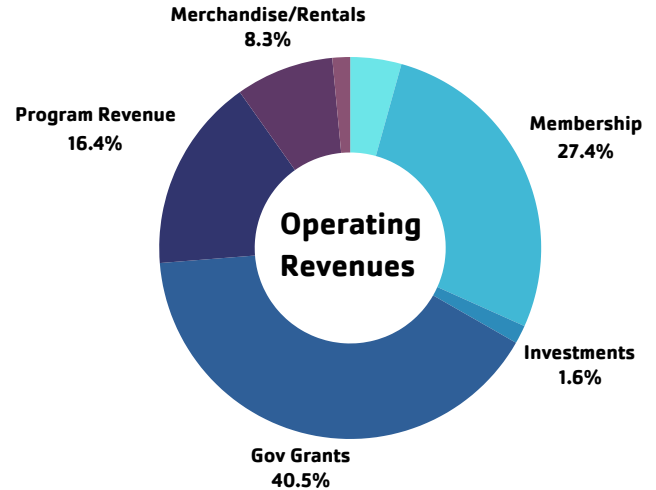
### Statement of Activities

#### Operating Income & Support

Total Contributions	363,769.38
Membership Dues	2,300,730.83
Investment income	131,165.98
Childcare	2,257,121.05
Financial Assistance, Direct	-149,635.35
Govt Grants	3,401,398.12
Program Revenue	1,382,235.53
Merchandise/Rental Income	698,295.63
Other Income	126,098.15
<b>Total Operating Income</b>	<b>10,511,179.32</b>

#### Operating Expenses

Salaries & related expenses	6,908,864.83
Program & operating expenses	2,939,031.75
Interest Expense	47,809.35
Depreciation & Debt	181,636.06
<b>Total Operating Income</b>	<b>10,077,341.99</b>



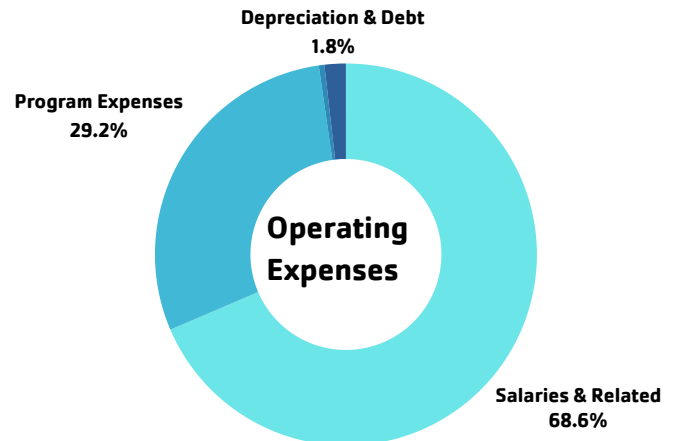
### Statement of Financial Position

#### Assets

Cash and Cash Equivalents	621,305.77
Receivables, Net	1,091,528.09
Prepays and Deposits	59,053.78
Investments	2,217,836.33
Right-of-Use Assets	302,251.23
Property and Equipment, Net	6,386,589.96
Other Assets	22,873.09
<b>Total Assets</b>	

#### Liabilities & Net Assets

Accounts Payable and Accrued Expenses	687,412.27
Deferred Revenue & Custodial Accts	323,071.03
Leases - Operating and Finance Leases	370,747.13
Long-Term Debt	1,112,042.97
<b>Total Liabilities</b>	<b>2,493,273.40</b>
<b>Total Liabilities and Net Assets</b>	<b>8,208,164.85</b>



# THANKS TO OUR DONORS

Presidents Club  
Giving \$1,500+

## Individuals

Anonymous  
Nicolas Anderson  
Sierra & Ian Bamsey  
Sharna Braucks  
Emilie Brosin  
Les Chisholm  
Amy Clark  
Tiffany Davidson  
Christiana Dominguez  
Constance Geffert  
Alexander Goldberg  
Mark Hanzlik  
Gary Holdredge  
Ken Iritani  
Beverly Jones  
Robin Kren  
Rita Leahy  
Shirley Liu  
Kimberly Lucia  
Paul Magaletti  
Tarah Martin  
Angel Martin  
Erin McDonough  
Nancy Michel  
Pamela Middleton

Robert Orr  
Irma Rodriguez  
Pauline Schack  
Alan and Shonie Schufeldt  
Mark Shope  
Dan Smith  
Nancy & Kevin Smith-Fagan  
Eric & Araceli Solis  
Dave Swartz  
Councilmember Katie Valenzuela  
Wendy and Scott White  
Ted White  
Barbara Zimmer

## Generous Corporations and Foundations

Albertsons Companies Foundation  
Alta California Regional Center Inc.  
Ascent Builders  
Bayer  
Bonney Plumbing  
Boutin Jones, Inc.  
Brown Construction, Inc  
California State Alliance of YMCA's  
City of Sacramento  
County of Sacramento

County of Yolo  
Den Defenders  
Dignity Health  
Facebook,  
Fidelity Charitable  
Five Star Bank  
Golden 1 Credit Union  
Hoblit  
Kaiser Permanente  
Nugget Markets, Davis  
Pacific Gas and Electric Company  
Parker Family Foundation  
Pfund Foundation  
Raley's  
Christopher and Dana Reeve Foundation  
Rotary Club of South Sacramento  
Sacramento Region Community Foundation  
SMUD  
Spectrum Photography  
Sutter Health  
Teichert, Inc.  
United Way California Capital Region  
US Bank  
Women Lawyers of Sacramento  
YUSA



# YOUTH DEVELOPMENT



## 69 Students

participated in Youth & Government  
and Model UN in 2023



The YMCA's Youth and Government™ and Model UN programs are catalysts for youth development, empowering teenagers to become tomorrow's leaders. These programs offer a platform for civic engagement, critical thinking, and leadership skills development.

Through the Youth and Government™ program, teens engage in state-organized model-government programs. They discuss and debate real-world issues, propose legislation, and participate in state conferences where they serve as delegates. This hands-on experience fosters a sense of agency and civic responsibility among participants, preparing them to navigate the complexities of governance.



Similarly, the Model UN program immerses students in global affairs, where they assume the roles of delegates representing various countries in simulated UN committees. Through negotiations and diplomacy, they gain insights into international relations, cultivating a sense of global citizenship.

Both programs have a profound impact on youth development. They provide teenagers with the tools, knowledge, and confidence to navigate the world around them. By fostering critical thinking, empathy, and effective communication, these initiatives empower young minds to become informed and engaged citizens, ready to tackle the challenges of the future. These programs are not just simulations; they are transformative experiences that shape the leaders of tomorrow.

# SHAPING FUTURES

# EMPOWERING SENIORS

## Through the YMCA's Falls Prevention Program

Recognizing the devastating impact falls can have on older individuals, the YMCA implemented a comprehensive Falls Prevention Program aimed at reducing the risk of falls and enhancing the overall well-being of seniors in the community.

One in four seniors experiences a fall each year. Risk factors include muscle weakness, arthritis, balance, and gait problems. Inactivity only exacerbates these factors. But the YMCA's experience working with senior fitness has shown us that falls do not have to be inevitable. Building strength and balance through regular exercise helps safeguard the health and independence of older adults.

Our Falls Prevention Program, made possible through generous support from Kaiser Permanente, provides weekly classes designed to increase individual physical strength and improve balance. Our holistic approach also emphasizes the importance of mindful movement and spatial awareness in reducing the risk of falls.

The program was implemented last year at four senior living facilities and at the Sacramento Central YMCA, targeting vulnerable, low-income seniors at high risk for falling. Group exercise classes, consisting of both seated and standing exercises, were carefully crafted to meet the diverse fitness needs of individual participants.



**Sponsored by** KAISER PERMANENTE®





# 2,575

Seniors prevented injury through our Falls Prevention Program



Seniors engaged in exercises aimed at improving core stability, muscle tone, and coordination under the guidance of trained instructors. Through regular participation in the program, participants not only experienced physical improvements, but also gained confidence in their ability to navigate daily activities safely.

The Falls Prevention Program operates year-round, offering approximately eight classes per week across five locations, ensuring accessibility and consistency. Continuing this program into 2024, the YMCA has set an ambitious goal to serve 6,000 senior citizens and track their participation over time.

This program exemplifies the YMCA's belief that people at any stage of life can build positive health habits. Through targeted interventions and community partnerships, the YMCA continues to make strides in safeguarding seniors' health and enhancing their quality of life.

"Embracing wellness at the YMCA isn't just about personal health—it's a cause we champion for community impact. By prioritizing fitness and mental well-being, our members become catalysts for positive change.

Their commitment inspires others, creating a ripple effect that spreads motivation and empowerment throughout our community. Together, we're building a healthier, happier future for all."

– Bret Gibson  
Health & Wellness Director

# ADAPTIVE SWIM PROGRAMS



In 2023, the YMCA of Superior California took a significant step forward in promoting inclusivity with the introduction of adaptive swim lessons.

These specialized sessions are tailored to accommodate individuals with a wide range of needs, encompassing conditions such as Autism Spectrum Disorder (ASD), Cerebral Palsy, Down Syndrome, sensory challenges, and various physical disabilities. Through this initiative, the YMCA reaffirms its commitment to ensuring that everyone, regardless of ability, has access to valuable life skills and recreational opportunities.

The program places a strong emphasis on fundamental water safety and swimming skills, with a focus on incremental progress and goal attainment. By fostering an environment of support and encouragement, participants are given the opportunity to enhance their self-confidence and functional abilities in the water. Each lesson is thoughtfully crafted to cater to the specific needs of individuals, promoting a sense of inclusion and empowerment among all participants.

By championing diversity and breaking down barriers to participation, we aim to create an equitable and supportive environment where every individual has the chance to learn, grow, and succeed.

# SOCIAL RESPONSIBILITY



209

Kids participated in adaptive swimming in 2023

“Belonging to the Y is a transformative experience. From supporting parents seeking childcare, to those trying to overcome the barriers of exercising for the first time, cancer survivors reclaiming normalcy, children learning social skills through youth sports, and helping all to feel less isolated through social belonging. The Y creates community. The Y transforms!”

– Valeria Tenreiro  
Executive Director, North District





# FINANCIAL DEVELOPMENT SNAPSHOT



## Philanthropic Highlights

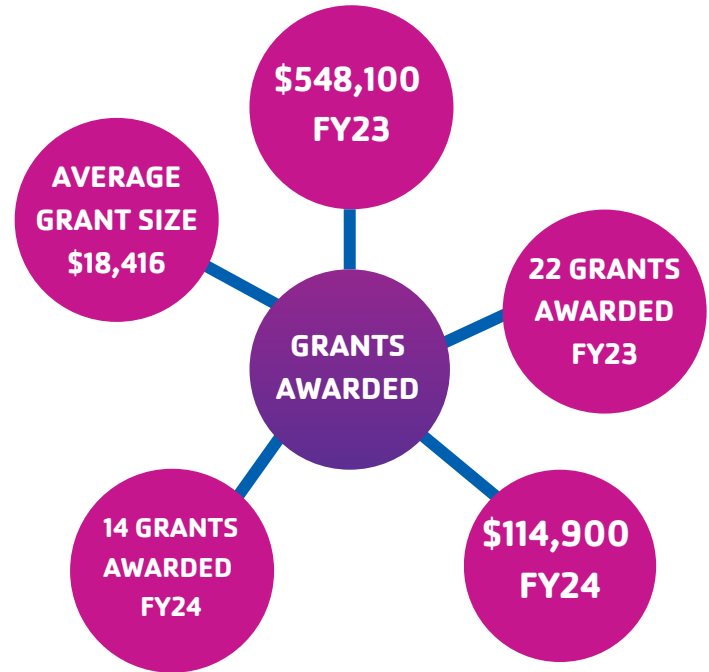
- 100% Board Giving
- \$16,394 - Gather at the Grove
- \$18,788 - Isaac's Bike Ride
- \$37,922 Big Day of Giving
- \$105,000 - S'moresfest
- \$197,200 - Unrestricted Individual Contributions
- \$663,000 - Grant Funding

## Grant Support

- 54 applications submitted in 2023
- 36 Grants Awarded
- Total Awards: \$663,000

## Top Grant Awards

- \$147,000 - Aquatics for children with IDD (Alta Regional Center)
- \$80,000 - Yolo Youth Sports (Community Corrections Partnership)
- \$52,000 - Yolo Youth Sports (Probation Department)
- \$37,200 - After School Programs (Transient Occupancy Tax Fund)
- \$35,000 - Year Round Food Program (YUSA)
- \$30,000 - Falls Prevention Program (Kaiser Permanente)
- \$24,873 - St. John's Summer Program (Transient Occupancy Tax)
- \$20,000 - Rotary Club Teen Memberships
- \*\$42,550 - LED Lighting Rollingwood (SMUD Shine, awarded in 2022, paid in 2023)





# BOARD OF DIRECTORS AND SENIOR STAFF

Alphonso Cosby, Financial Development Committee Chair  
Angel Martin, Properties & Facilities Committee Vice Chair  
Bill Knowlton, Finance Committee Vice Chair  
Chantel Johnson  
Christiana Dominguez  
Conner Johnston, Board Chair & Executive Committee Chair  
Dan Smith  
Dave Swartz, Past President/Secretary  
Erin McDonough  
Ivan Rostami  
John Rice, Audit Committee Chair & Board Development Committee Chair  
Kelley Lincoln  
Mark Shope, Properties & Facilities Committee Chair  
Michelle McCauley  
Nicolas Anderson  
Nkiruka (Inkerika) Ohaegbu, Finance Committee Chair & Audit Committee Vice Chair  
Noel Mora  
Paul Stokes  
Renatto Guerra  
Tarah Martin

## **SENIOR STAFF**

Sharna Braucks – President & CEO  
Stephani Leigh – Executive Director, North District  
Valeria Tenreiro – Executive Director, South District  
Nancy Smith-Fagan – Executive Director, Development  
Tiffany Davidson – Executive Director, Youth Development  
Sierra Bamsey – Marketing & Communications Director  
Nora Shigemoto – Senior Program Director  
Bev Jones – Director of Human Resources  
Rene Muinos – Director of Facilities



## **YMCA OF SUPERIOR CALIFORNIA**

### **ADMINISTRATIVE OFFICES**

1926 V Street  
Sacramento, CA 95818  
916-452-9622

### **SACRAMENTO CENTRAL YMCA**

2021 W Street  
Sacramento, CA 95818  
916-452-9622

### **ROLLINGWOOD YMCA**

9373 Winding Oak Drive  
Fair Oaks, CA 95818  
916-988-1727

### **YOLO COUNTY YMCA**

1300 College Street  
Woodland, CA 95776  
530-666-9623

### **GOLD COUNTRY YMCA**

350 Race Street  
Grass Valley, CA 95945  
530-274-4739

### **OROVILLE YMCA**

1200 Myers Street  
Oroville, CA 95965  
530-533-9622

### **YOUTH DEVELOPMENT SITES**

Bear Valley YMCA Resident Camp  
East Sacramento YMCA  
Sacramento Central YMCA Early Learning Program  
YMCA at Bridgeway Elementary  
YMCA at Cowan Fundamental Elementary  
YMCA at Del Paso Manor Elementary  
YMCA at Kohler Elementary  
YMCA at Leataata Floyd Elementary  
YMCA at Washington Carver High School  
YMCA at Oakview Community Elementary  
YMCA at Southport Elementary  
YMCA at Spring Lake Elementary  
YMCA at Zamora Elementary  
Summer at the Y at Higher Learning Academy  
Summer at the Y at EPIC  
Summer at the Y Kinder Readiness Program  
Summer at the Y at Nelson's Grove